

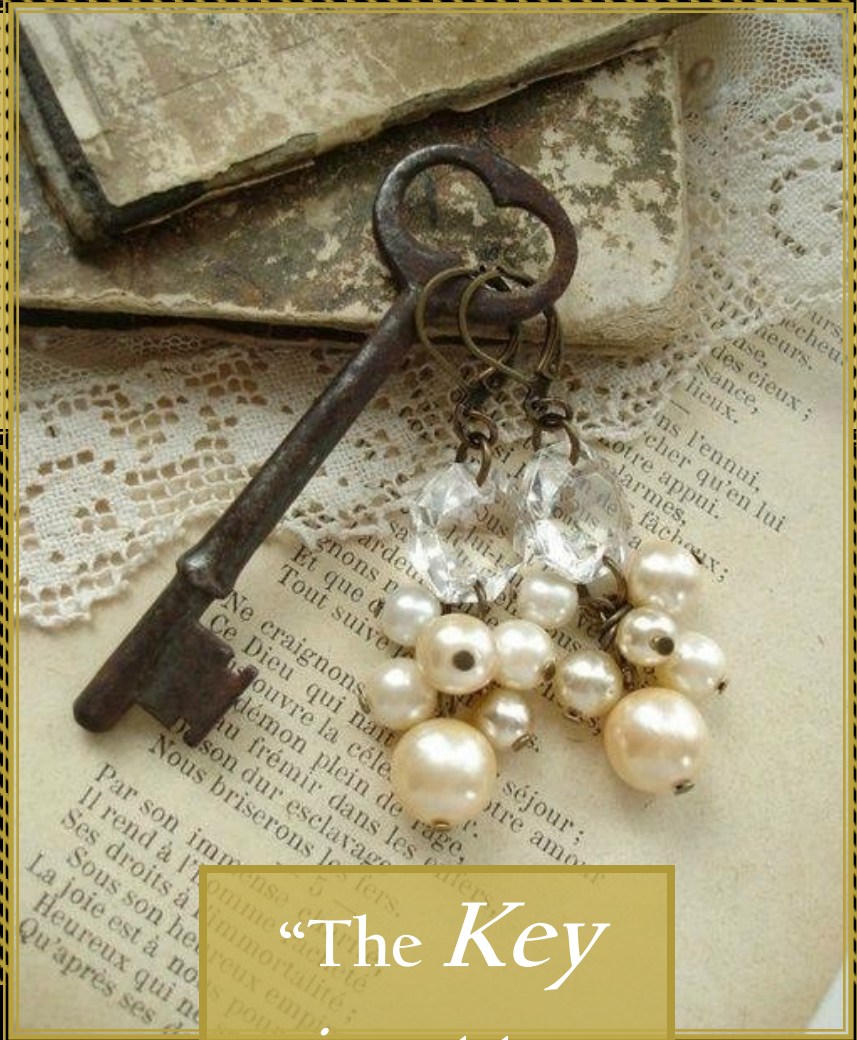
the MSH bulletin

Editor: Theresa Robinson, M.A.,
Staff Development Director/
Marketing Director



January 20, 2016
Volume 19, Issue 3

Dr. Peggy Stephens
Superintendent,
CEO,
and
Medical Director



“The *Key*
is not to
prioritize
what’s on your
schedule,
but to
schedule your
priorities.”

~ Stephen R. Covey
The Seven Habits of
Highly Effective People



**By Pamela Guthrie, PhD.
MSH Staff Psychologist**

DBT Skills

Saintly Advice

Early, last Monday morning, I got an inspiring email from Cindie Vanderbur, our Transitional Care Case Manager. She thought I

"might like" a quotation she had come across. It was something Mother Teresa, the founder of The Missionaries of Charity, had said. Mother Teresa was credited with advising that we should, "Be happy in the moment, that's enough. Each moment is all we need, not more."

As I looked at the quote, I started really thinking about this. It sounds so simple, and "so DBT." In DBT, we are always striving to *stay* in the moment. I think Mother Teresa might also have been saying much more, though. I think she was advising us that a moment is not tiny, but huge. We tend to think of a moment as such a miniscule measure of time, without thinking of how much it encompasses. In any given moment, all over the world, babies are born, people die, inventions are created, happiness is felt, and lessons are learned. At a more personal level, each of us, in each moment we have, is breathing, thinking, feeling, sensing ... a moment is so full of experience, and opportunity. I've been trying to take Mother Teresa's advice for over a week now, and guess what? I really have been able, when I'm mindful about it, to stay happier in those mindful moments. She was right; it's all we really need.

STAFF DEVELOPMENT

Theresa Robinson, M.A. Staff Development Director

Respect... Think of it as Currency

Part 3



No wonder we often find ourselves struggling. Few of us, though, spend time trying to figure out what respect means, either to us as an individual or to respect someone else. Aghast when another casts our respect penny to the ground, we never consider that our penny was not a penny to them at all. Unrecognizable as respect-worthy, they reject our efforts and appear villainously disrespectful. In fact, we probably just left them equally disrespected and shouldn't be surprised at their reaction.

So let's spend a little more time on this subject of respect. What does respect look and feel like to you? What actions and words leave your emotional bank account full of the due proper respect currency? What does it mean to you personally?

How do you communicate that to others, so they understand you correctly? And before even trying to sell them that idea of you, how clearly do you understand them? What do they respect? What do they need? What defines their respect currency?

What is psychosis?

psy·cho·sis

noun: **psychosis**; plural noun: **psychoses**, a severe mental disorder in which thought and emotions are so impaired that contact is lost with external reality.



Psychosis is a medical term. If you have psychosis, you might see or hear things, or hold unusual beliefs, that other people do not. Some people describe it as a "break from reality". You may also hear terms such as "psychotic symptoms", "psychotic episode" or "psychotic experience".

In mental health care, these experiences are viewed as symptoms of mental illness which need treatment. In many cases, if you experience these symptoms you are not aware of this and believe that the sensations are real. About 1 in every 100 people will experience a psychotic episode in their lifetime.

Typical examples of psychosis include:

Hallucinations

Hallucinations describe when you see, hear or physically feel things which are not actually there.

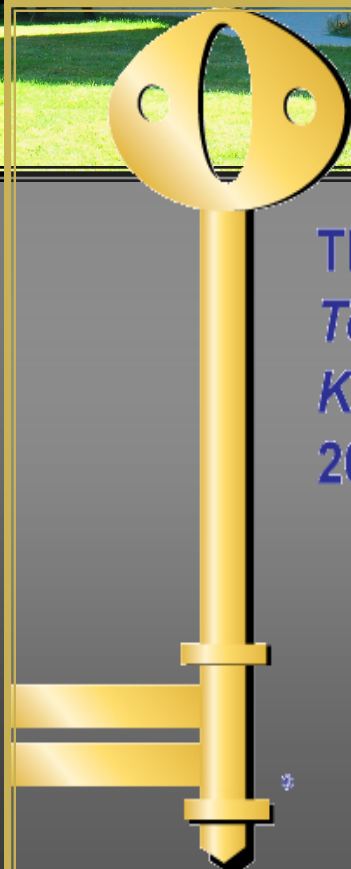
- Hearing voices
- Seeing things which other people do not see
- Feeling someone touching you who is not there
- Smelling things which other people cannot.

Delusions

Delusions are strong beliefs which are unlikely to be true and may seem irrational to others.

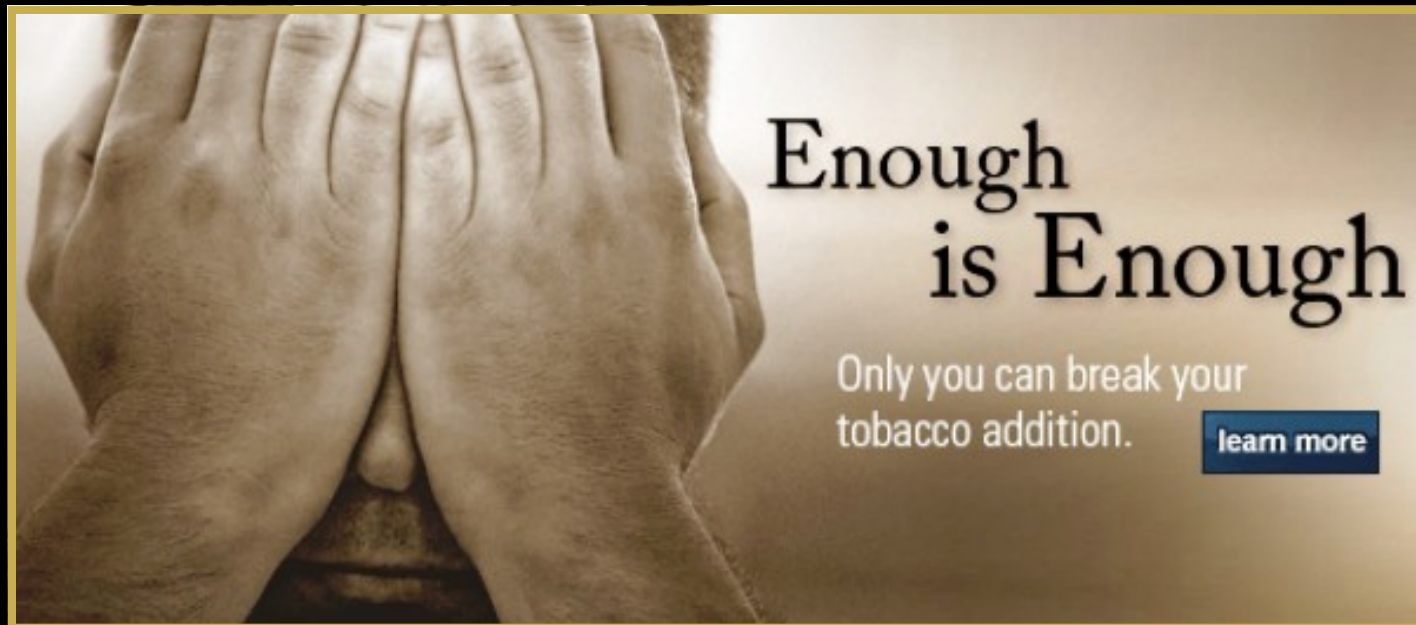
- Believing that you are being followed by secret agents or members of the public
- Believing that people are out to get you or trying to kill you.
- Believing that something has been planted in your brain to monitor your thoughts
- Believing you have special powers, are on a special mission or in some cases that you are a God.

Madison State Hospital



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The Indiana Tobacco Quitline is an evidence-based intervention.

The Indiana Tobacco Quitline 1-800-QUIT-NOW (800-784-8669) is a free phone-based counseling service that helps Indiana tobacco users quit. Funded by the Indiana Tobacco Prevention and Cessation Agency, the Indiana Tobacco Quitline offers experienced professional Quit Coaches® trained in cognitive behavioral therapy.

Health care providers and employers who utilize the Quitline's fax referral system experience a quick and efficient way to refer their patients and employees for help with quitting tobacco. The fax referral system provides:

- intensive counseling options often not feasible in a busy clinic environment or available at a worksite
- a brief, easy to use form
- an initial call made by the Quit Coach™ instead of the tobacco user



1.800.QUIT.NOW

Indiana's Tobacco Quitline
QuitNowIndiana.com

1-800-784-8669



Sometimes,
you just have to
Roll
with it

© Heather a. Stillufsen

Loaded Broccoli, Cheese & Potato Soup

Ingredients

- 2 - 14.5 oz. cans chicken broth
- 2-3 large carrots, peeled and diced
- 4 medium potatoes, peeled and cubed into small pieces
- 1 tsp. onion powder
- 2 small heads broccoli (washed and diced small)
- 3 TB butter
- 1/3 cup flour
- 3 1/2 cups milk
- 4 cups shredded cheddar cheese
- 1 tsp. salt
- 1/2 tsp. garlic pepper
- 6 slices bacon, cooked and chopped

Instructions

1. In a large pot combine chicken broth, carrots potatoes and onion powder.
2. Bring to a boil, cover and simmer for about 10 minutes.
3. Add broccoli, cover and simmer for an additional 10 minutes.
4. While simmering, melt butter in a large sauce pan. Whisk in the flour and cook for another minute (or until golden brown). Whisk in milk and cook for an additional 5 minutes until the sauce thickens.
5. Add cheese and stir until it is all melted. Add salt and garlic pepper.
6. Pour cheese sauce into the large pot and stir until well combined.
7. Add more milk for a thinner consistency and add any additional salt and pepper needed. Top with bacon pieces.
8. Serve warm.

loaded
broccoli, cheese & potato
soup



10 Walking Mistakes to Avoid

By [Wendy Bumgardner](#)



Mistake #2:

Wearing the Wrong Shoes

Not all "walking shoes" are good for walking. If this describes your shoes, you are setting yourself up for plantar fasciitis, muscle pulls and knee problems.

- **Heavy:** Walking shoes should be lightweight, while still providing support and cushioning.
- **Stiff:** If your shoes have soles that won't bend at all and you can't twist them, they are too stiff for fitness walking. Walking shoes should be flexible so you don't fight them as your foot rolls through the step.
- **Over 1 year old:** The cushioning and support in your shoes degrades over time. You should replace your shoes every 500 miles.
- **Too small:** Your feet swell when you take a sustained walk. Your walking shoes should be larger than your dress shoes if you walk for 30 minutes or more for exercise. Do you need bigger shoes?

The Cure for the Wrong Shoes:

Get fit for the right shoes at a technical running shoe store in your area. The athletic shoe experts will make sure you get the right shoe for overpronation, flexible enough for walking, sized right for the swelling everyone's feet have while walking.